

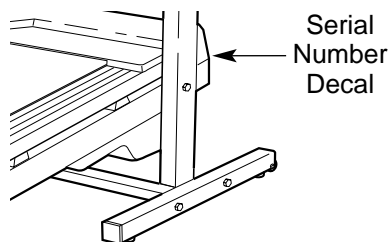
# WESLO<sup>®</sup>

## cadence DX10

Model No. WCTL35090

Serial No. \_\_\_\_\_

Write the serial number in the space above for future reference.



## USER'S MANUAL

### QUESTIONS?

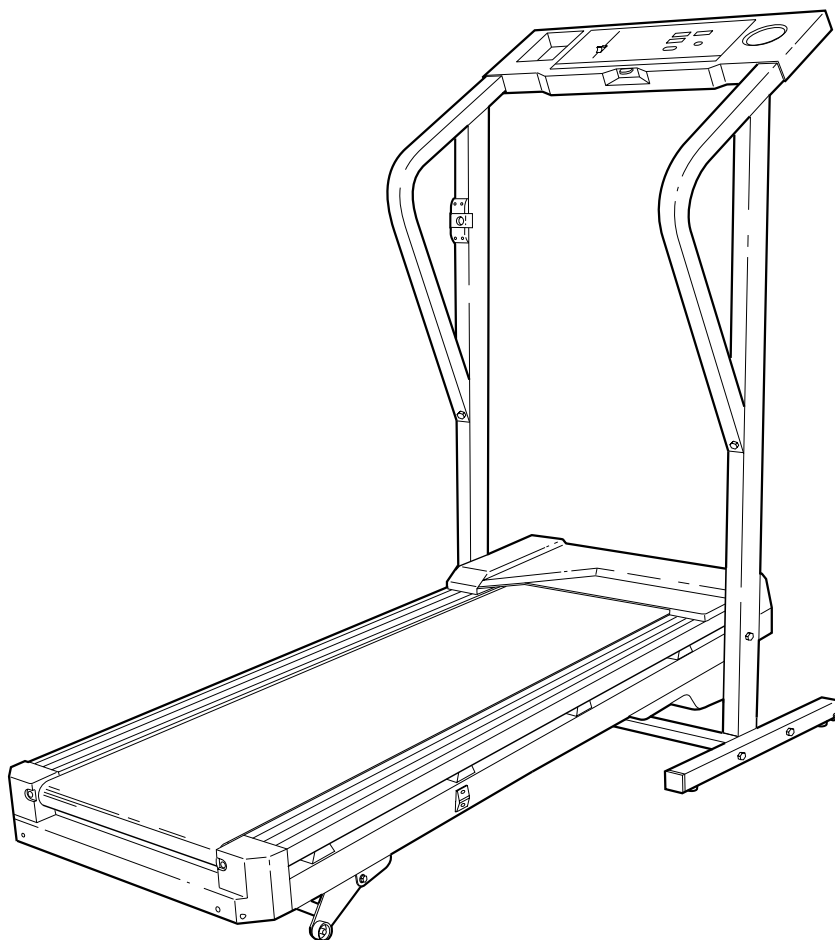
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER SERVICE DEPARTMENT. The trained technicians on our hot line will provide immediate assistance, free of charge to you.

CUSTOMER SERVICE:

**1-888-936-4266**

Mon.–Fri., 8 a.m.–6:30 p.m. EST  
(excluding holidays)



### ⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



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Note: A PART LIST and an EXPLODED DRAWING are attached in the center of this manual. Remove the PART LIST and EXPLODED DRAWING before beginning assembly.

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place the treadmill on a level surface, with eight feet of clearance behind it.
4. Do not place the treadmill on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under the age of 12 and pets away from the treadmill at all times.
8. The treadmill should not be used by persons weighing more than 250 pounds.
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
11. When connecting the power cord (see HOW TO PLUG IN THE POWER CORD on page 8), plug the power cord into a surge protector (not included) and plug the surge protector into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit.
12. Use only a CUL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length. Do not use an extension cord.
13. Keep the power cord and the surge protector away from heated surfaces.
14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 5 if the treadmill is not working properly.)
15. Never start the treadmill while you are standing on the walking belt.
16. Always hold the handrails while using the treadmill.
17. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
18. Never leave the treadmill unattended while it is running. Always remove the key when the treadmill is not in use.
19. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO MOVE THE TREADMILL on page 12.) You must be able to safely lift 45 pounds to raise, lower, or move the treadmill.
20. When storing the treadmill, make sure that the storage latch is fully closed.
21. Inspect and tighten all parts of the treadmill every three months.
22. Never drop or insert any object into any opening.
23. Do not attempt to modify the incline of the treadmill by placing objects under the front or rear of the treadmill.

24. **DANGER:** Always unplug the power cord immediately after use, before cleaning the and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

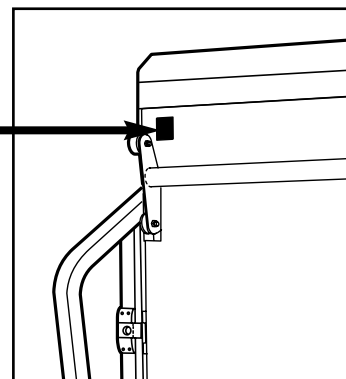
25. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

26. The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

## SAVE THESE INSTRUCTIONS

The decal shown at the right has been placed on your treadmill. If the decal is missing, or if it is not legible, please call our Customer Service Department, toll-free, to order a free replacement decal (see ORDERING REPLACEMENT PARTS on page 19 of this manual). Apply the decal in the location shown.



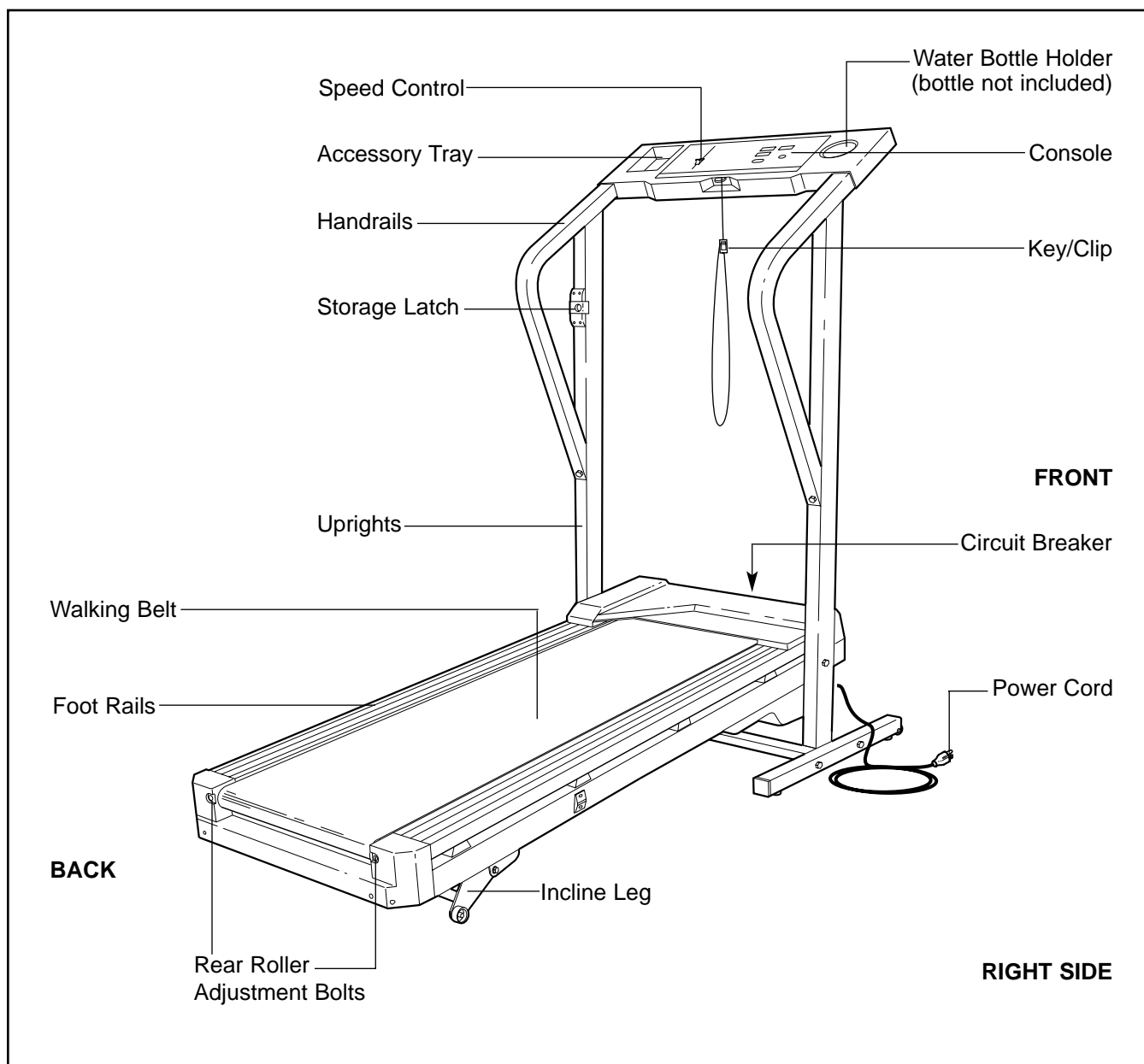
## BEFORE YOU BEGIN

Thank you for selecting the WESLO® CADENCE DX10 treadmill. The CADENCE DX10 combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the CADENCE DX10 can be folded up, requiring less than half the floor space of other treadmills.

**For your benefit, read this manual carefully before using the treadmill.** If you have additional questions, please call our Customer Service Department toll-free

at **1-888-936-4266**, Monday through Friday, 8 a.m. until 6:30 p.m. Eastern Standard Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is WCTL35090. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



# ASSEMBLY

**Assembly requires two people.** Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires your own phillips screwdriver** , **two adjustable wrenches** , and **scissors** .

1. Note that the right Handrail and the Console Base (not shown) are connected to the treadmill by a Wire Harness. **During assembly steps 1 through 5, be careful not to pull on or damage the Wire Harness.**

With the help of a second person, carefully lay the treadmill on its side. Position one of the Base Legs (38) on the base of the Upright (31) as shown. Make sure that the Base Leg Pads (41) and the Front Wheel (39) are in the indicated positions. Attach the Base Leg with two 3/8" x 2" Bolts (43), two 3/8" Washers (44) and two 3/8" Nuts (34).

Carefully turn the treadmill onto its other side. Assemble the other Base Leg (38) as described.

With the help of a second person, carefully raise the treadmill to the upright position so the Base Legs (38) are resting flat on the floor.

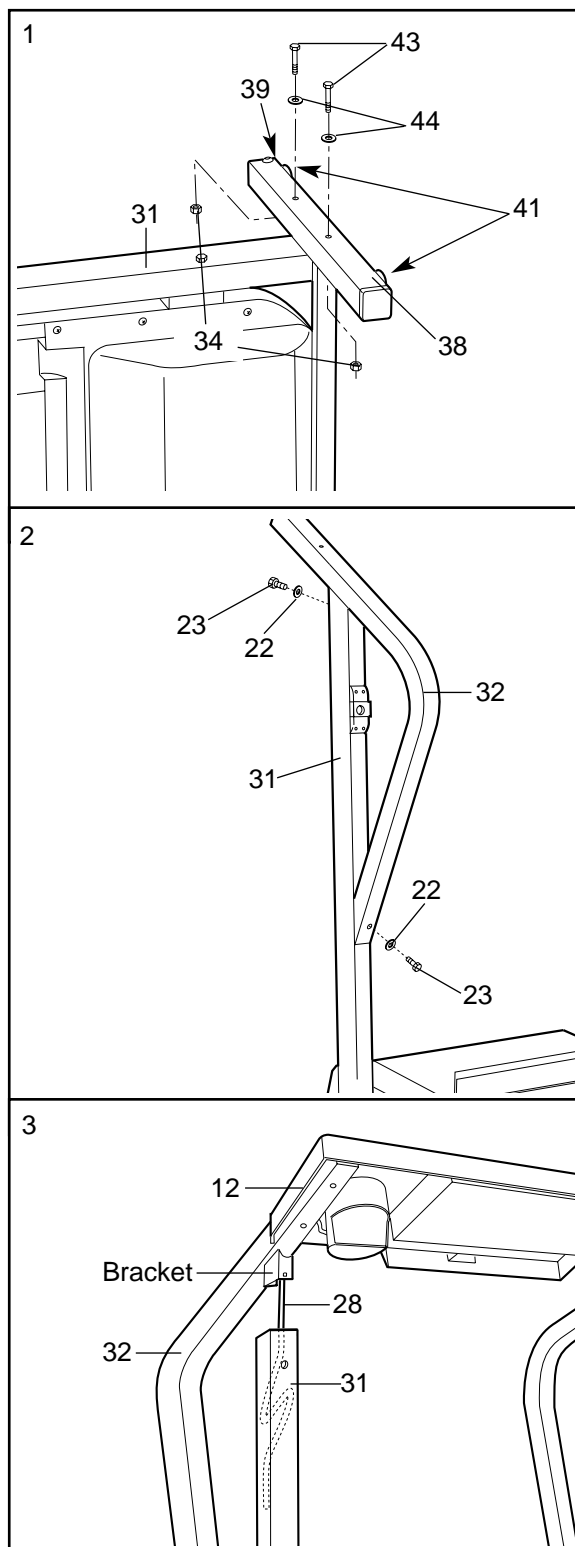
2. Refer to HOW TO LOWER THE TREADMILL FOR USE on page 12. Follow the instructions in step 2 to lower the treadmill.

Cut the plastic ties that hold the cage nuts in each Handrail (32).

Position the left Handrail (32) on the left Upright (31). Thread a 1/4" x 1" Bolt (23) with a 1/4" Washer (22) two turns into the upper end of the left Upright and the left Handrail. **Do not tighten the Bolt yet.**

Thread a 1/4" x 1" Bolt (23) with a 1/4" Washer (22) two turns into the lower end of the left Handrail (32) and the left Upright (31). **Do not tighten the Bolt yet.**

3. With the help of a second person, hold the Console Base (12) and the right Handrail (32) near the right Upright (31) as shown. Feed the excess Wire Harness (28) into the right Handrail (32) and then insert it down the right Upright. Next, insert the bracket on the right Handrail into the right Upright. **Be careful not to pinch the Wire Harness.**



4. Thread a 1/4" x 1" Bolt (23) with a 1/4" Washer (22) two turns into the upper end of the right Upright (31) and the right Handrail (32). **Do not tighten the Bolt yet.**

Thread a 1/4" x 1" Bolt (23) with a 1/4" Washer (22) two turns into the lower end of the right Handrail (32) and the right Upright (31). **Do not tighten the Bolt yet.**

5. Set the Console Base (12) on the Handrails (32). Make sure that the Wire Harness (28) is out of the way as you loosely thread four Console Base Screws (91) into the Handrails and the Console Base. Next, push the Wire Harness down the right Upright (31). It may be necessary to pull the Wire Harness out the bottom of the right Upright.

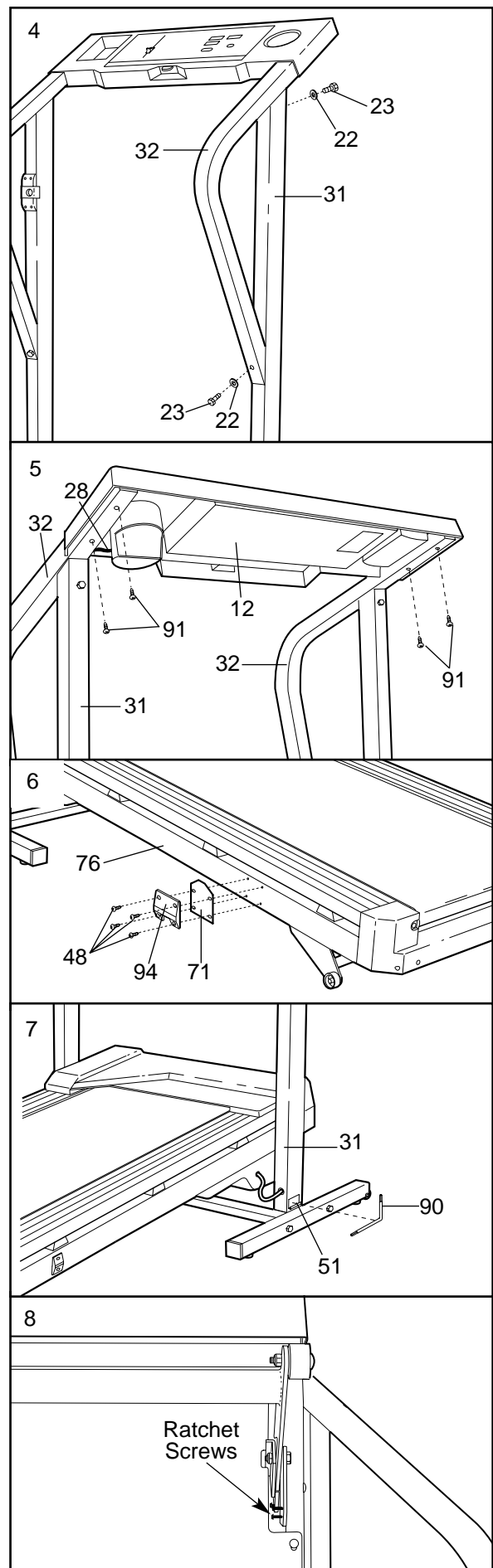
**Tighten all parts used in steps 2 and 5. Then, tighten the Console Base Screws (91) used in this step.**

6. Attach the Frame Guide (94) and the Frame Guide Spacer (71) to the left side of the Frame (76) with four Screws (48). **Note: Be careful not to over-tighten the Screws. Make sure that the thick end of the Frame Guide is at the bottom.**

7. Remove the backing from the Wrench Clip (51). Press the Wrench Clip onto the base of the right Upright (31) in the indicated location. Press the Allen Wrench (90) into the Wrench Clip.

8. **Make sure that all parts are tight before you use the treadmill.** Note: The ratchet screws shown at the right are factory set and **should not be adjusted.**

Some parts may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the treadmill.



# OPERATION AND ADJUSTMENT

## THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant.

**IMPORTANT:** Never apply silicone spray or other substances to the walking belt or the walking platform. They will deteriorate the walking belt and cause excessive wear.

## HOW TO PLUG IN THE POWER CORD

**⚠ DANGER:** Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge protector (not included) with your treadmill.**

Surge protectors are sold at most hardware stores and department stores. Use only a CUL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

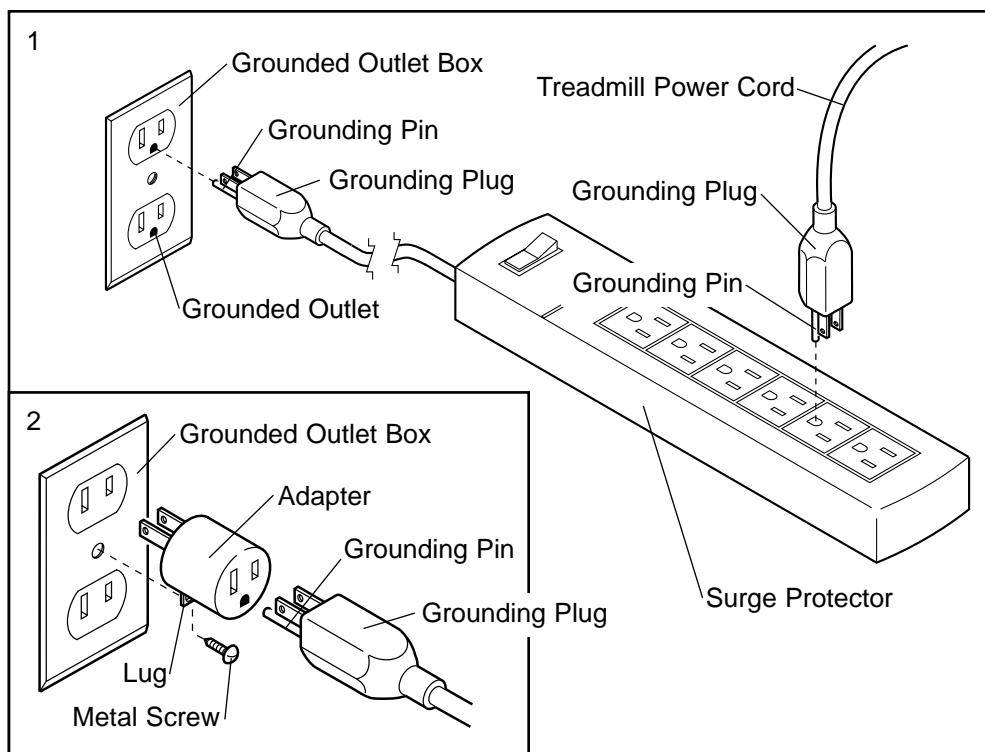
**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the

risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge protector to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.

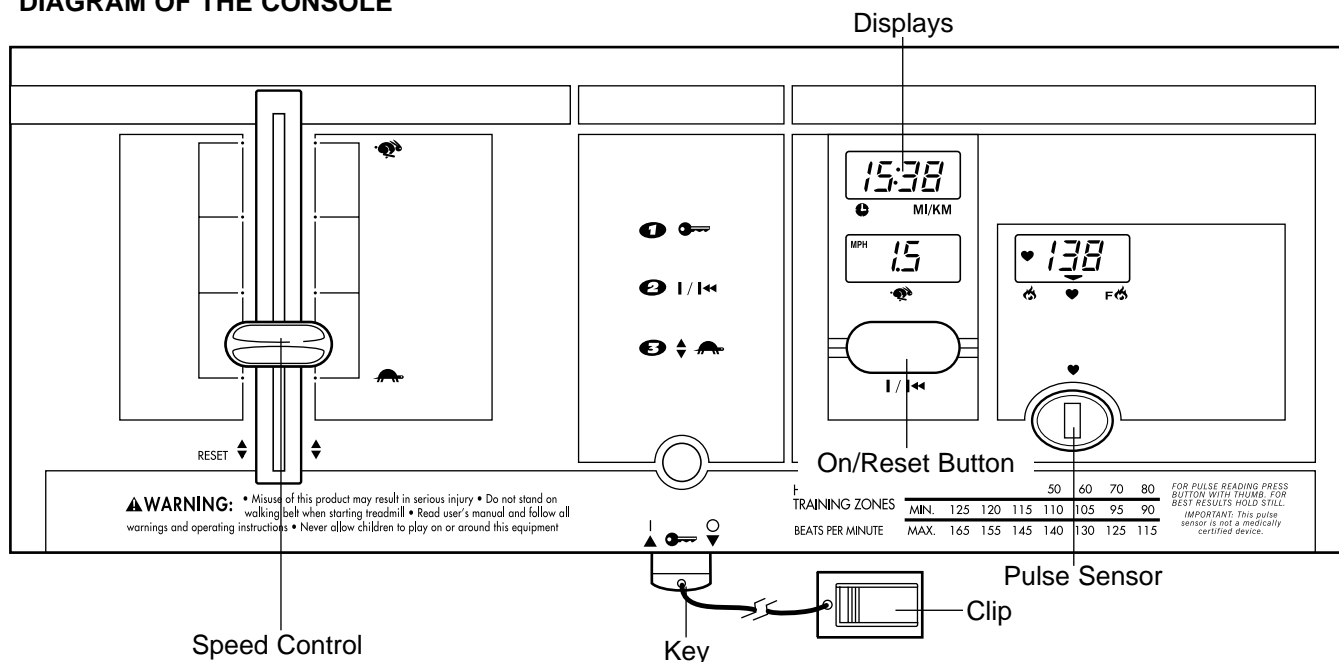
The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**





## DIAGRAM OF THE CONSOLE

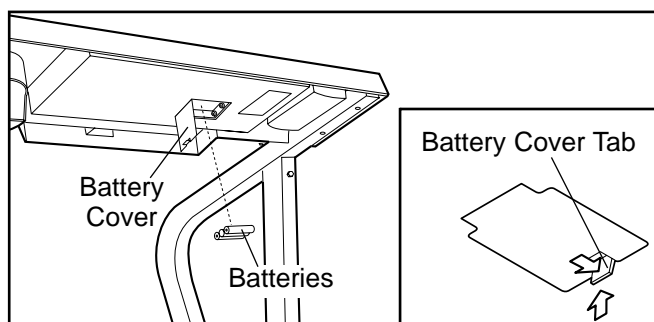


### **CAUTION:** Before operating the console, read the following precautions.

- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing above) while operating the treadmill. When the key is removed from the console, the walking belt will stop.
- Adjust the speed in small increments.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and use only a sealable water bottle.

## BATTERY INSTALLATION

The console requires three "AA" batteries (not included); alkaline batteries are recommended. Open the



battery cover and press the batteries into the console; the negative (-) ends of the batteries must touch the springs. Close the battery cover, push up on the tab, and then push the tab forward as shown in the inset drawing. Be sure that the tab locks into place.

## STEP BY STEP CONSOLE OPERATION

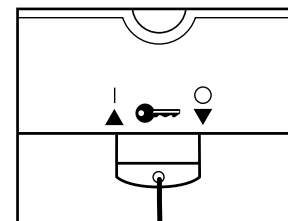
Before operating the console, make sure that the power cord is properly plugged in. (See HOW TO PLUG IN THE POWER CORD on page 8.) In addition, make sure that batteries are installed in the console. If there is a thin sheet of clear plastic on the console, remove it.

Step onto the foot rails of the treadmill. Next, find the clip attached to the key (see the drawing above). Slide the clip onto your waistband.

Follow the steps below and on page 10 to operate the console.

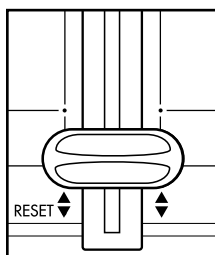
### **1** Insert the key fully into the power switch.

Note: Inserting the key will not turn on the displays. The displays will turn on when the display on/reset button is pressed or when the walking belt is started. If you just installed batteries, the displays will already be on.



## 2 Reset the console and start the walking belt.

Slide the speed control to the RESET position. **Note:** Each time the walking belt is stopped, the speed control must be moved to the RESET position before the walking belt can be restarted.

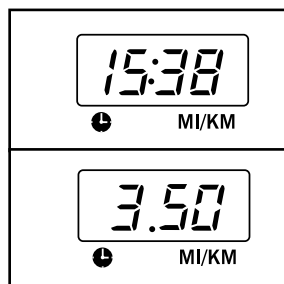


Next, slowly slide the speed control until the walking belt begins to move at slow speed. Carefully step onto the walking belt and begin exercising. Change the speed of the walking belt as desired by moving the speed control.

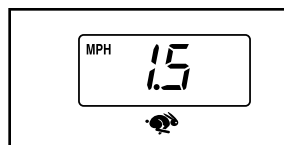
To stop the walking belt, step onto the foot rails and slide the speed control to the RESET position.

## 3 Follow your progress with the three displays.

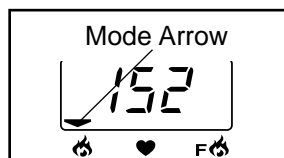
**TIME/DISTANCE display**—This display shows the elapsed time and the distance that you have walked or run, in miles per hour.



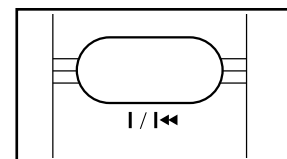
**SPEED display**—This display shows the speed of the walking belt, in miles per hour.



**CALORIES/FAT CALORIES/PULSE display**—This display shows the approximate numbers of *calories* and *fat calories* you have burned. (See FAT BURNING on page 15.) Every seven seconds, the display will change from one number to the other, as indicated by the mode arrows. This display also shows your pulse when the pulse sensor is used (see step 4).



The displays can be reset, if desired, by pressing the display on/reset button.

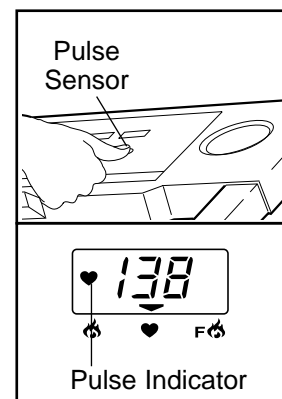


## 4 Measure your pulse, if desired.

To measure your pulse, stand on the foot rails and place your thumb on the pulse sensor as shown. The pulse sensor is pressure activated—fully press it down.

**Do not press too hard, or the circulation in your thumb will be restricted, and your pulse will not be detected.** Next, raise

your thumb slightly until the heart-shaped indicator in the pulse display flashes **steadily**. Hold your thumb at this level. After a few seconds, three dashes will appear in the display and your pulse will be shown. Hold your thumb on the sensor for another 15 seconds for the most accurate reading.



If the displayed pulse appears to be too high or too low, or if your pulse is not displayed, lift your thumb off the sensor and allow the display to reset. Press down again on the sensor as described above. Make sure that your thumb is positioned as shown, and that you are applying the proper amount of pressure to the pulse sensor. Try the sensor several times until you become familiar with it. Remember to stand still while measuring your pulse.

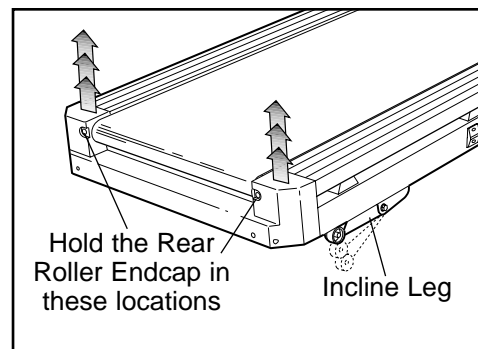
## 5 Turn off the power.

**To turn off the power, simply wait for about four minutes.** If the walking belt is stationary and the console buttons are not pressed for four minutes, the power will turn off automatically.

## HOW TO CHANGE THE INCLINE OF THE TREADMILL

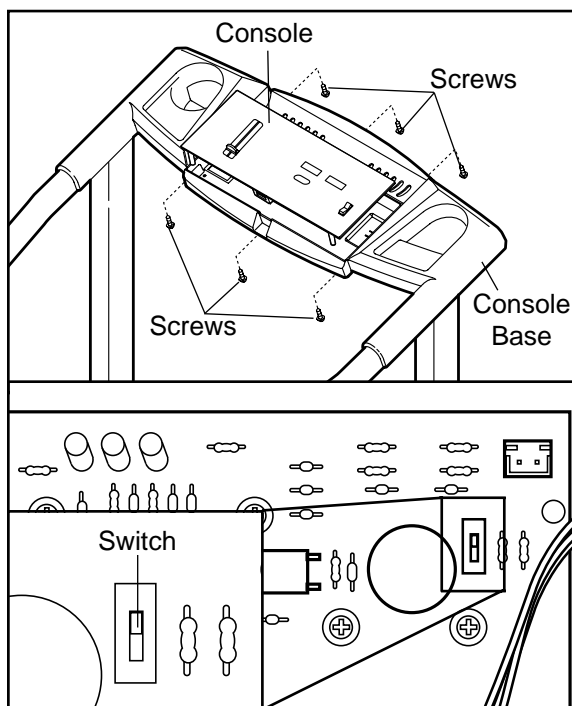
The incline of the treadmill can be changed by raising or lowering the back end. **Before changing the incline, remove the key and unplug the power cord.**

Hold the rear roller endcap with both hands. When the back end of the treadmill is in the lowest position, the incline is about 10%. Raise the back end until it clicks into position. (Note: It may be necessary to shake the treadmill lightly so that it clicks into position.) The incline will then be about 5%. Raise the back end again until it clicks into position. The incline will then be about 3%. To lower the back end, raise it past the highest position and then lower it. **CAUTION: Before exercising, push on the back of the treadmill to make sure that the incline legs are locked in position. Do not place objects under the treadmill to change the incline; change the incline only as described above.**



## HOW TO SELECT KILOMETRES AND MILES

The console can display distance and speed in either kilometres or miles. To change the unit of measurement, first **UNPLUG THE POWER CORD**. Next, remove the six screws attaching the console to the console base. Lift the console a few inches, being careful not to pull on the wires, and turn the console over. Locate the small switch on the back of the console. Move the switch upward or downward to select kilometres or miles. Re-attach the console to the console base. **After changing the unit of measurement, remove one of the batteries from the console for about five seconds and then reinsert it. This will reset the console.**



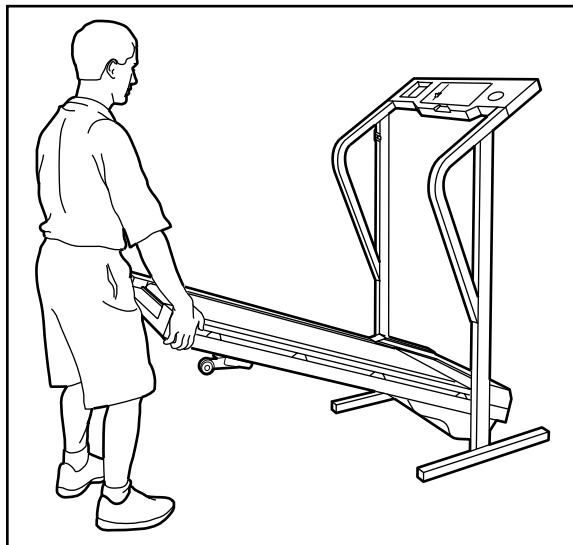
## HOW TO FOLD AND MOVE THE TREADMILL

### HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, unplug the power cord.

**Caution: You must be able to safely lift 45 pounds in order to raise, lower or move the treadmill.**

1. Hold the treadmill with your hands in the locations shown at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown at the right, and hold the treadmill firmly. Raise the treadmill until the storage latch locks over the frame guide. **Make sure that the storage latch closes fully over the frame guide.**

**To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.**

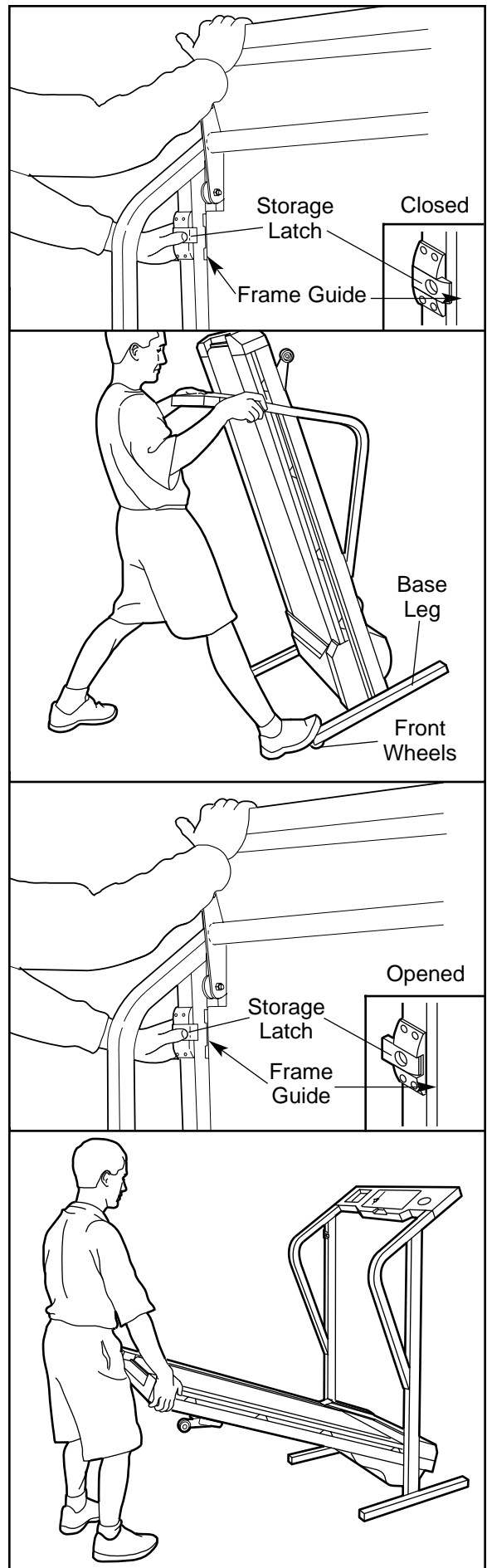
## HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the storage latch is locked fully over the frame guide.**

1. Hold the upper ends of the handrails. Place one foot on one of the front wheels as shown.
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.

## HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, slide open the storage latch. Pivot the treadmill until the frame guide and the foot rail are past the storage latch.
2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**



# MAINTENANCE AND TROUBLE-SHOOTING

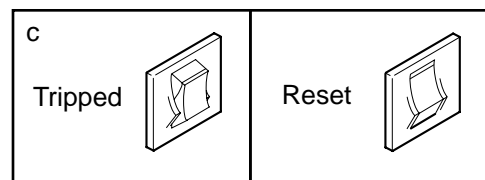
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department toll-free at 1-888-936-4266, Monday through Friday, 8 a.m. until 6:30 p.m. Eastern Standard Time (excluding holidays).

**PROBLEM: The power does not turn on**

**SOLUTION:** a. Make sure that the power cord is plugged into a surge protector, and that the surge protector is plugged into a properly grounded outlet. (See HOW TO PLUG IN THE POWER CORD on page 8.) Use only a CUL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console. See step 1 on page 9.

c. Check the circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



**PROBLEM: The power turns off during use**

**SOLUTION:** a. Check the circuit breaker located on the treadmill frame near the power cord (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in.

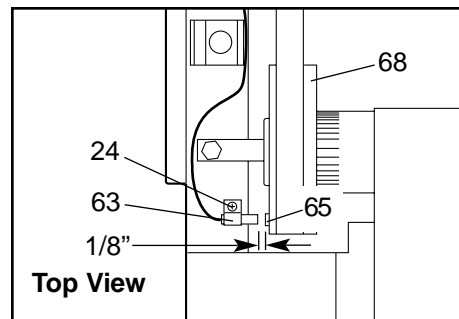
c. Remove the key from the console. Reinsert the key fully into the console. See step 1 on page 9.

d. If the treadmill still will not run, please call our Customer Service Department, toll-free.

**PROBLEM: The displays of the console do not function properly**

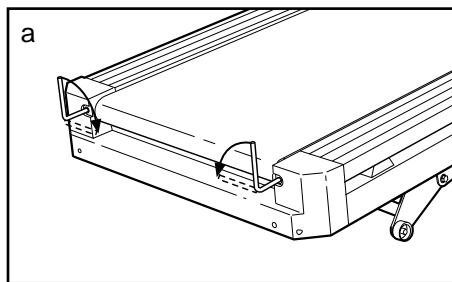
**SOLUTION:** a. Check the batteries in the console. If the batteries need to be replaced, see BATTERY INSTALLATION on page 9. Most problems are the result of drained batteries.

b. First remove the key and **UNPLUG THE POWER CORD**. Remove the screws from the hood. Carefully remove the hood. Locate the Reed Switch (63) and the Magnet (65) on the left side of the Pulley (68). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8".** If necessary, loosen the Screw (24) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.

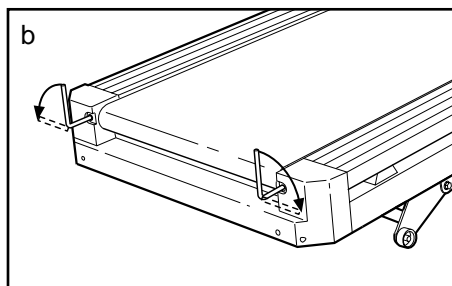


**PROBLEM: The walking belt is off-center or slips when walked on**

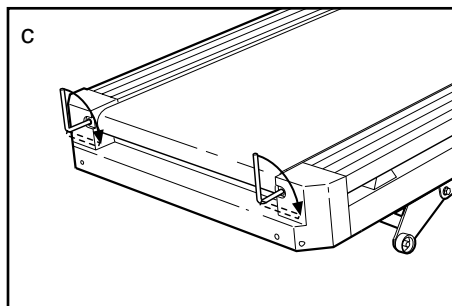
**SOLUTION:** a. If the walking belt has shifted to the left, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. If the walking belt has shifted to the right, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



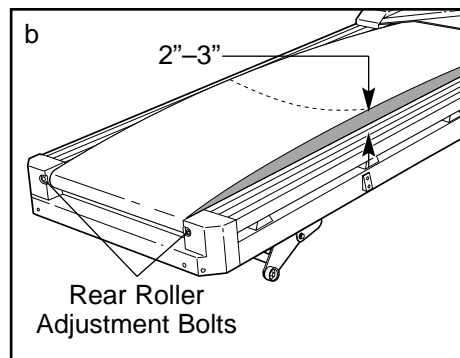
c. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



**PROBLEM: The walking belt slows when walked on**

**SOLUTION:** a. Use only a CUL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



c. If the walking belt still slows when walked on, please call our Customer Service Department, toll-free.

# CONDITIONING GUIDELINES

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. Remember—these are general guidelines only. For more detailed exercise information, obtain a reputable book or consult your physician.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. To find the proper heart rate for you, first find your age at the top of the chart below (ages are rounded off to the nearest ten years). Next, find the two numbers below your age. The two numbers are your “training zone.”

AGE	20	30	40	50	60	70	80
MIN.	125	120	115	110	105	95	90
MAX.	165	155	145	140	130	125	115

To measure your heart rate during exercise, use the pulse sensor on the console. If your heart rate is too high or too low, adjust the speed and incline of the treadmill as needed.

## Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body

begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the low end of your training zone.

## Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the middle of your training zone.

## WORKOUT GUIDELINES

Each workout should include the following three parts:

### Warming Up

Start each workout with 5 to 10 minutes of stretching and light exercise. (See SUGGESTED STRETCHES on page 16.) A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

### Training Zone Exercise

After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

### Cool-down

Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

## SUGGESTED STRETCHES

The correct form for several basic stretches is shown in the drawings below. Move slowly as you stretch—never bounce.

### 1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

### 2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Hamstrings, lower back and groin.

### 3. Calf/Achilles Stretch

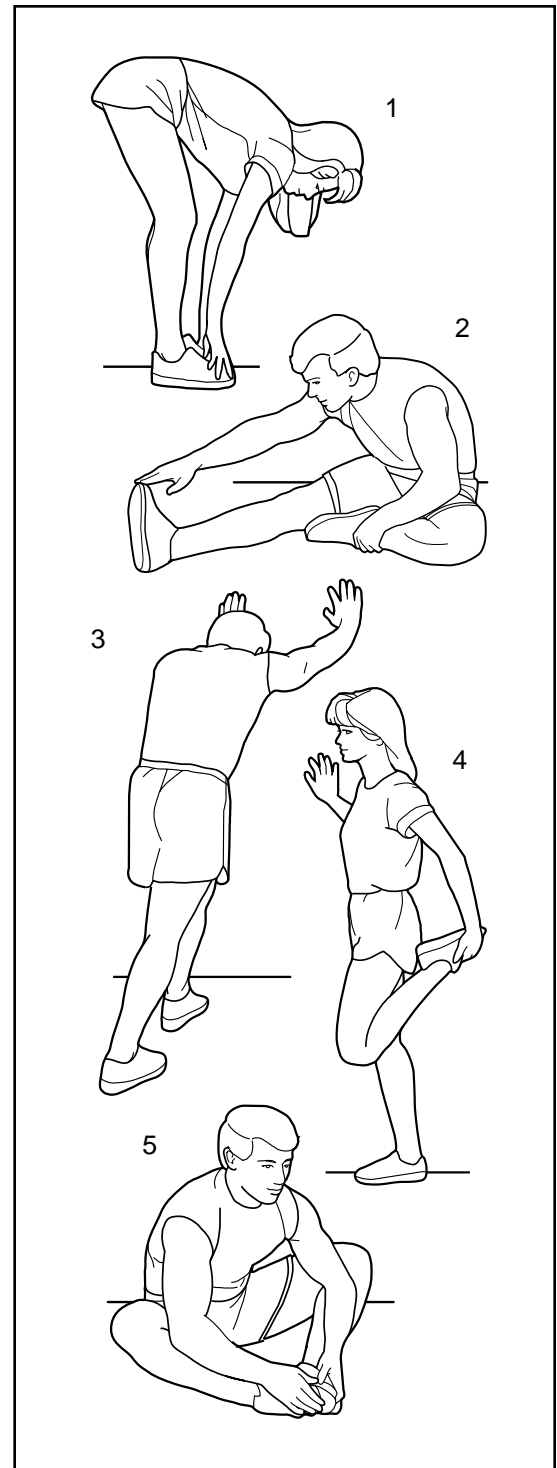
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

### 4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

### 5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.





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## NOTES

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# CUSTOMER RECORD

Model No.: \_\_\_\_\_ Serial No.: \_\_\_\_\_

Retailer Name: \_\_\_\_\_ Purchase Date: \_\_\_\_\_

Retailer Address: \_\_\_\_\_

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## ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-888-936-4266, Monday through Friday, 8 a.m. until 6:30 p.m. Eastern Standard Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (WCTL35090)
- The NAME of the product (WESLO® CADENCE DX10 treadmill)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING in the center of this manual).

**PLACE  
STAMP  
HERE**

ICON of Canada Inc.  
900 de l'Industrie  
St-Jérôme, Québec  
Canada, J7Y 4B8

# LIMITED WARRANTY


ICON OF CANADA INC., (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one year from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from province to province or so specified by the retailer of your equipment.

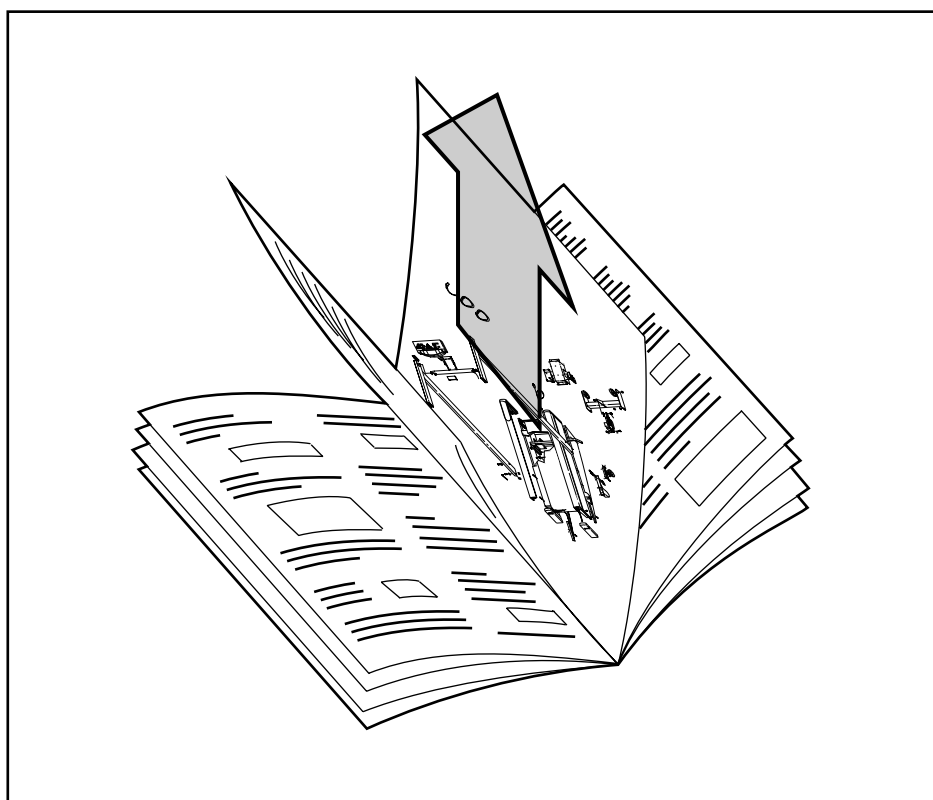
**ICON OF CANADA, 900 de l'Industrie, St. Jérôme, QC J7Y 4B8**

WESLO is a registered trademark of ICON Health & Fitness, Inc.

 <b>WEIDER PRO-FORM WESLO</b> <small>of Canada Inc.</small>		<b>PRODUCT WARRANTY REGISTRATION</b>
IMPORTANT: MAIL WITHIN 14 DAYS OF PURCHASE		
NAME: _____		PHONE: _____
ADDRESS: _____		
COUNTY: _____	POSTCODE: _____	
MODEL NO. _____	SERIAL NO. _____	PURCHASE DATE: _____
RETAILER NAME: _____		RETAILER ADDRESS: _____
1) Primary user(s) of product: <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Family	8) Did you consider purchasing fitness equipment from another manufacturer? <input type="checkbox"/> No <input type="checkbox"/> Yes What other Manufacturer? _____	
2) Age of primary user: <input type="checkbox"/> 0-24 <input type="checkbox"/> 35-44 <input type="checkbox"/> 55-64 <input type="checkbox"/> 25-34 <input type="checkbox"/> 45-54 <input type="checkbox"/> 65 and over	9) Based on your impression of what you have purchased, would you buy another ICON product? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> No Opinion If not, what other brand name equipment would you purchase? _____	
3) Annual household income: <input type="checkbox"/> 0-9,999 <input type="checkbox"/> 15,000-19,999 <input type="checkbox"/> 10,000-14,999 <input type="checkbox"/> 20,000+	10) What other type of exercise equipment do you own? <input type="checkbox"/> Bicycle <input type="checkbox"/> Exercise Cycle <input type="checkbox"/> Treadmill <input type="checkbox"/> Home Gym <input type="checkbox"/> Weight Bench <input type="checkbox"/> Stepper <input type="checkbox"/> Cardio Glide <input type="checkbox"/> Other	
4) How many times a week do you exercise? <input type="checkbox"/> Less than 3 times <input type="checkbox"/> 3 times or more	11) Which type of magazines do you read regularly? <input type="checkbox"/> Sports <input type="checkbox"/> Fitness <input type="checkbox"/> Motoring <input type="checkbox"/> Business <input type="checkbox"/> Computer <input type="checkbox"/> General	
5) Have you ever purchased an ICON product before? <input type="checkbox"/> Yes <input type="checkbox"/> No	12) Do you wish to be sent further bulletins about ICON products? <input type="checkbox"/> Yes <input type="checkbox"/> No	
6) Where did you first see or hear about ICON products? <input type="checkbox"/> Magazine <input type="checkbox"/> Friend/relative <input type="checkbox"/> Newspaper Ad <input type="checkbox"/> Store <input type="checkbox"/> Other	THANK YOU FOR YOUR TIME	
7) What was the primary reason for purchasing this ICON product? <input type="checkbox"/> Store Employee <input type="checkbox"/> Television Ads <input type="checkbox"/> Colour <input type="checkbox"/> Electronic Features <input type="checkbox"/> Magazine Ads <input type="checkbox"/> Price <input type="checkbox"/> Product Design <input type="checkbox"/> Product Innovation <input type="checkbox"/> Other Features	© 1999 ICON of Canada, Inc. Printed in Canada	

# REMOVE THIS EXPLODED DRAWING AND PART LIST FROM THE MANUAL

Save this EXPLODED DRAWING and PART LIST for future reference.



Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of the User's Manual.

# PART LIST—Model No. WCTL35090

R0602A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Motor Belt	49	2	Upright Spacer
2*	1	Motor/Pulley/Flywheel/Fan	50	1	Incline Leg Spacer (Long)
3	1	Pulley/Flywheel/Fan	51	1	Wrench Clip
4	1	Motor	52	1	Front Roller Adj. Bolt
5	1	Motor Pivot Bolt	53	4	Hood Anchor
6	1	Tension Bolt	54	1	Circuit Breaker
7	1	Motor Tension Washer	55	1	Grommet
8	1	Star Washer	56	1	Power Cord
9	1	Motor Tension Nut	57	1	Electronics Bracket
10	4	Hood Screw	58	1	Choke
11	1	Motor Hood	59	2	Incline Wheel
12	1	Console Base	60	3	Motor/Frame Pivot Nut
13	1	Controller	61	3	8" Cable Tie
14	1	Battery Cover	62	1	Reed Switch Clip
15	2	Cage Nut	63	1	Reed Switch
16	1	Releasable Cable Tie	64	1	Left Foot Rail
17	19	Belly Pan Screw	65	1	Magnet
18	1	Storage Latch	66	1	Walking Platform
19	4	Incline Wheel Nut	67	1	Walking Belt
20	3	Incline Leg Nut	68	1	Front Roller/Pulley
21	1	Cable Tie Clamp	69	4	Incline Wheel Bolt
22	11	1/4" Washer	70	1	Right Foot Rail
23	4	1/4" x 1" Bolt	71	1	Frame Guide Spacer
24	16	Electronic Screw	72	2	Belt Guide
25	1	Speed Potentiometer	73	1	Belly Pan
26	1	Speed Control	74	1	Incline Leg Bolt
27*	1	Console Assembly	75	6	Console Screw
28	1	Wire Harness	76	1	Frame
29	1	Key/Clip	77	1	Right Frame Guide
30	1	Console Cover	78	2	Ratchet Screw
31	1	Upright	79	1	Ratchet Spring Screw
32	2	Handrail	80	1	Ratchet
33	1	Rear Endcap Cover	81	1	Ratchet Spring
34	4	3/8" Nut	82	1	Ground Wire
35	2	Frame Pivot Washer	83	1	Incline Leg Plate
36	2	Frame Pivot Bolt	84	2	Rear Endcap Nut
37	4	Wheel Nut	85	1	Rear Roller
38	2	Base Leg	86	2	Isolator
39	2	Front Wheel	87	2	Short Adjustment Bolt
40	2	Incline Leg Spacer (Short)	88	2	Long Adjustment Bolt
41	4	Base Leg Pad	89	1	Rear Roller Endcap
42	1	Incline Leg	90	1	Allen Wrench
43	4	3/8" x 2" Bolt	91	4	Console Base Screw
44	4	3/8" Washer	92	1	Latch Decal
45	2	Base Leg Endcap	93	8	Platform Screw
46	1	Wire Grommet	94	1	Frame Guide
47	2	Roller Guard	#	1	14" White Wire, Male/Female
48	16	Screw	#	1	8" Black Wire, Male/Female
			#	1	User's Manual

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

# EXPLODED DRAWING—Model No. WCTL35090

R0602A

